



**It's cold and flu season.  
Are you prepared?**

It's cold and flu season. Be sure to take extra precautions to avoid getting sick. Fortunately, if you do get sick, you have 24/7/365 access to a U.S. board-certified Teladoc® doctor. **How can you avoid the cold and flu?**

**1. KNOW THE SYMPTOMS**

**COLD** Symptoms include runny nose, sore throat, cough, and congestion. Colds are contagious during the first few days that symptoms appear and typically last about a week.

**FLU** Symptoms are similar to a cold but include fever, headaches, and muscle aches. Flu symptoms typically improve within five days, though you may feel run down for several more.

**2. PREVENT GETTING SICK**

- Avoid close contact with anyone who is sick
- Wash your hands frequently
- Clean surfaces with a germ-killing disinfectant
- Get your annual flu vaccine
- Antiviral medications may also help prevent contracting the flu if you have been exposed

**3. CALL TELADOC**

Even the most careful person can get sick. Fortunately, you have Teladoc. Request a consult anytime you feel under the weather.

With your consent, Teladoc is happy to provide information about your Teladoc consult to your primary care physician.

**Talk to a doctor anytime for \$45 or less!**

The consult fee is the lesser of the office visit copay, if applicable, or \$45.

 [Teladoc.com](https://www.teladoc.com)

 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

 **1-800-Teladoc (835-2362)**

 [Teladoc.com/mobile](https://www.teladoc.com/mobile)

A consult fee may apply and is subject to change during the plan year. Refer to your Plan Document for details. When registering, members will need to provide their ID number found on their medical benefit ID card. Members then verify "Trustmark/Star Marketing & Administration" as the benefits provider. Star Marketing & Administration, Inc. administers your employer-sponsored, self-funded health benefit plan. Trustmark® and Trustmark Small Business Benefits® are trademarks of Trustmark Insurance Company. Teladoc Health, Inc. is not an affiliate of Star Marketing & Administration, Inc. and Trustmark Life Insurance Company.

© 2019 Teladoc, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.